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Cooperative Extension Work in Agriculture and Home Economics

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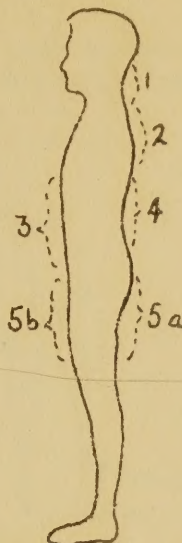
U. S. Department of Agriculture
and State Agricultural Colleges
Cooperating

Extension Service, Office of
Cooperative Extension Work,
Washington, D. C.

EXERCISES FOR GOOD POSTURE

The following groups of muscles are involved in holding the body in good position:

1. Neck muscles
2. Upper back muscles
3. Abdominal muscles
4. Lower back muscles
5. Thigh muscles
 - a. Flexor
 - b. Extensor

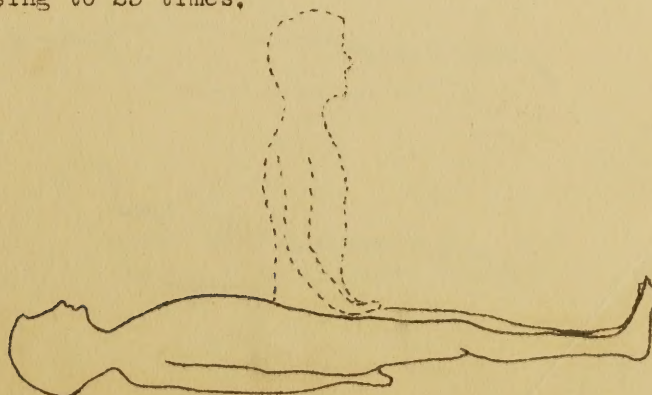


The following sports are excellent for all-around development:

Swimming, especially the breast stroke; rowing, paddling on alternate sides, wrestling, climbing, hanging from bar.

The following exercises are good for freeing cramped muscles and giving flexibility and strength to those especially concerned with good posture:

1. Lie on back, arms at side; raise trunk to sitting position and lower slowly to floor. Repeat 5 times, gradually increasing to 25 times.



Division of Investigation
U. S. Department of Justice
Washington, D. C.

PHOTOGRAPH OF THE SUBJECT

Subject is shown in profile, facing left.

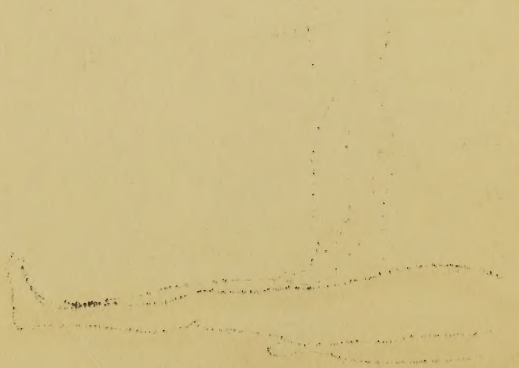


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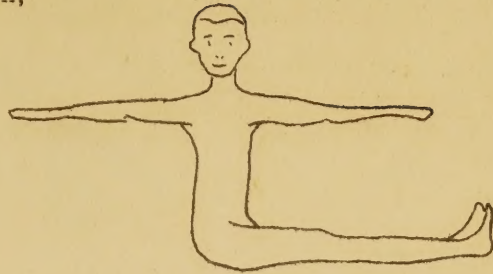
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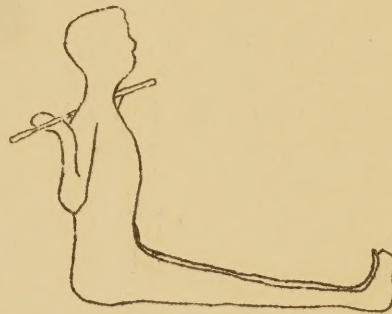
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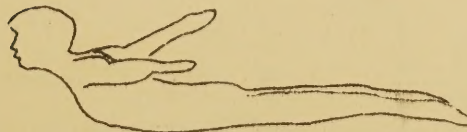
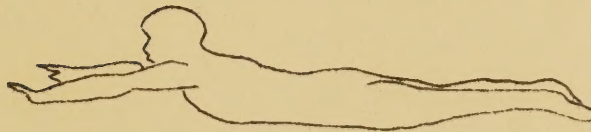
2. Raise trunk to sitting position, extend arms at side and twist trunk first to right side and then to left, keeping arms on level with shoulders. Repeat 8 to 10 times.



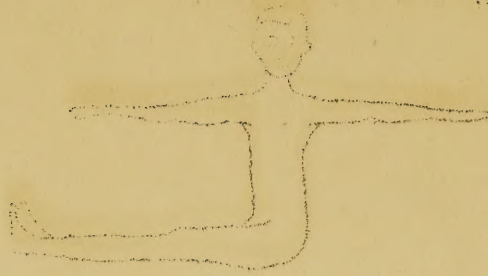
3. Sit on floor, legs outstretched, grasp ends of broomstick with both hands, raise stick above head and bring it down behind shoulders. Repeat 10 to 20 times.



4. Breast stroke exercise:



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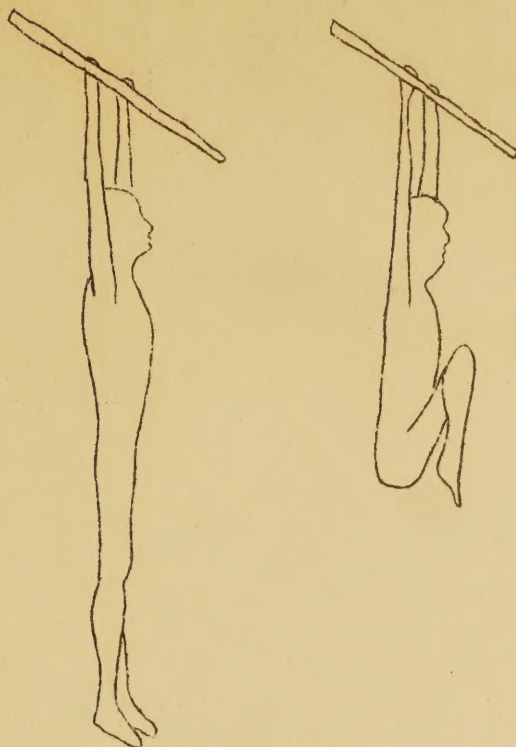
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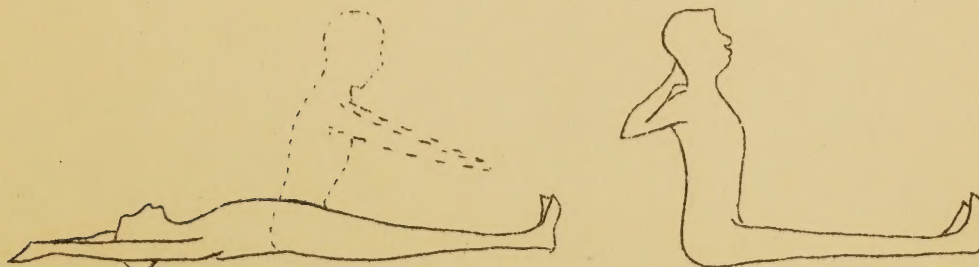
5. Hang from bar; Draw knees up to chest and return:



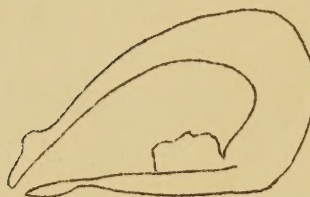
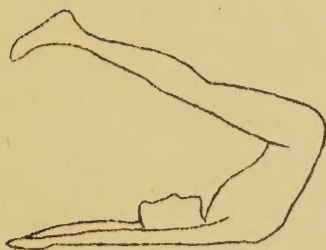
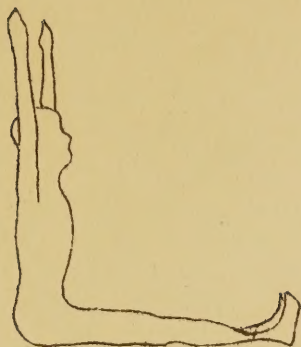
6. Combination exercise -

- a. Lie on back, hands extended above head.
- b. Sit up, bend over and touch toes with fingers.
- c. Sit erect; bend arms at side, elbows held well back level with the shoulders, and finger tips touching neck.
- d. Shoot arms straight up over the head.
- e. With arms over head, lower the trunk, and bring the knees up to chest.
- f. Extend knees and touch toes to ground back of head.

Repeat, 5 times at first, gradually work up to 10 times.



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